

Empowering Youth & Young Adults within the Malvern Community

Our Youth Centre

The focus of our youth programs is to connect early, mid and late adolescent youth (ages 10-24) to the community, enhancing their understanding of diversity, encouraging empathy, and arming them with the skills to prepare them for the future. Youth are engaged in activities that allow them to work collaboratively, to enrich the community and their individual lives. The centre also provides recreation programs, life skills, social, academic and leadership opportunities.

Programs & Services:

- Leadership Development
- Recreation, Sports & Fitness
- Life & Social Skills Development
- Academic Support
- Health & Wellness
- Cooking & Arts Programs
- Youth Outreach Workers for information and referrals
- Free Individual Youth & Family Counselling

Satellite Program Locations:

- Toronto Community Housing-Mornelle Court
- Lester B. Pearson C.I.
- Saint Mother Teresa Academy
- Lucy Maud Montgomery P.S.
- St. Barnabas Elementary School
- St. Florence Catholic School
- Dr. Marion Hillard Senior P.S.

For more information about satellite programs, please contact Fiona/Derry.

Locations:

90 Littles Road
Scarborough, ON M1B 5E2
Tel: 416.284.4184
Fax: 416.293.1997
Web: www.mfrc.org

1321 Neilson Road
Scarborough, ON M1B 3C2
Tel: 416.281.1376



What's Happening Fall 2017

YOUTH CENTRE

Specialized Youth Services:

Individual Youth & Family Support Counselling:

Free confidential counselling services aim to provide support to individual youth & families.

By appointment, offered on Monday to Friday

**Contact: Anushka
Youth & Family Support Counsellor
416-284-4184 ext. 212**

Youth Outreach Worker

Youth Outreach Worker assists youth and their families to access services & support, such as referrals, resources for education, housing or employment.

By appointment, offered on Monday to Friday

**Contact:
Morgan 416-284-4184 ext.214
Niyasan 416-284-4184 ext.215**

P.A. Day Trips

Join us for fun trips on your days off.
October 6th and November 17th.
Trips Please Call for more information. ▼

Connected Parents Service:

Tamil Parent Education Program

Parent/guardian workshops to enhance life skills to build resiliency and strengthen your family. Learn about safety, education, violence prevention, substance abuse, relationships and more

One Saturday Every Month

October 7, November 4 & December 2
11:00 a.m - 1:00 p.m | 1321 Neilson Rd

Contact: Niyasan at 416-284-4184 ext. 215

Be a Volunteer!

**Get involved in the community.
Volunteer as:**

- Tutor in Study Lounge
- Guest Chef to cook during programs
- Guest Artist to assist with our arts program
- Be a life coach in Choices
- Be in Malvern Youth Cabinet

**Contact Carmen Tan for more information:
416-284-4184 ext. 205**



MFRC CLOSURES
Closed: December 23 - Jan 1

For program information, contact:
**Fiona at 416-284-4184 ext.244 or
Derry at 416-284-4184 ext.211**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Creative Expression: Youth Art 12 - 17 years 3:00 p.m. - 5:00 p.m. A multifaceted art program to explore rap/song writing, visual arts, DJ skills, production, drama & digital media. Discover basic business and networking skills to turn your passion into a career 1321 Neilson Road</p> <p>*Malvern Tween Basketball League 10-13 years 5 p.m. - 7 p.m. Participate in fun drills & scrimmages to improve your basketball skills Fall Session Dates: Sept. 18 - Dec.11 Registration & Program fee applies 90 Littles Road</p> <p>Post High Hoops 19-24 years 7 p.m. - 9 p.m. Connect with other youth through fun & competitive basketball games 90 Littles Road</p>	<p>Study Lounge 13 years & up 3:30 p.m. - 5:30 p.m. Receive academic support from a staff & volunteers, free computer access, quiet study space and free WIFI 1321 Neilson Road</p> <p>Sight Beyond Sight 18 years & up 6 p.m. - 9 p.m. Discussions about real life issues that are important to youth, specifically about education, employment, health, community, safety and leadership 1321 Neilson Road</p> <p>Empowered YOUth 16 years & up 6 p.m. - 9p.m. Assistance with employability skills, financial literacy, post secondary options, and youth justice support 1321 Neilson Road</p> <p>Tween Soccer Drillz 10 -12 years 3:30 p.m. - 5:30 p.m. Develop team work through soccer drills, skill development & games 90 Littles Road</p> <p>Multi-Sport Drop-In 14-18 years 6 p.m - 8 p.m. Participate in fun activities, build fitness, team spirit and fair play Saint Mother Teresa 40 Sewells Road</p>	<p>Real Talk: Tomorrow's Leaders 14 years & up 3:30 p.m. - 5:30 p.m. Gain valuable leadership skills through discussions, workshops and learning from your peers 1321 Neilson Road</p> <p>Girls in Action 14 - 17 years 3 p.m - 5 p.m. Learn how to empower yourself & share experiences with other young women through interactive discussions, leadership activities, & self-confidence building workshops 1321 Neilson Road</p> <p>Choices 12- 17 years 5 p.m. - 7 p.m. Assists youth to focus on life and social skills, self-confidence, making healthy and informed choices 1321 Neilson Road</p> <p>Youth Action Sports Hub 10 years & up 4 p.m.- 6 p.m. Explore a variety of seasonal sporting activities like skateboarding, cycling, hiking, snow tubing, and much more! 90 Littles Road</p>	<p>Malvern Youth Cabinet 14 years & up 3:00 p.m. - 5:00 p.m. Are you interested in making a change in your community? Help create a positive image of the Malvern community by making a difference through youth-led community projects & events. Earn your volunteer hours here! 1321 Neilson Road</p> <p>Girls Only Recreation 10 years & up 3:30 p.m.- 5:30 p.m. Engage in multi-sport activities, while building self-confidence and leadership skills 90 Littles Road</p> <p>Soccer Drillz (Youth) 13 years & up 5:30 p.m. - 7:30 p.m. Develop team work through soccer drills, skill development & games with your peers 90 Littles Road</p>	<p>MixSing 12 years & up 3:00 p.m. - 5:30 p.m. This program rotates every other week between cooking healthy meals, nutrition tips, and practicing music acapella in a show choir style to work towards a year end showcase of talent! 1321 Neilson Road</p> <p>Youth Drop-In 12 years & up 3:00pm-6:00pm Need a safe space to hang after school? Enjoy games, activities, snacks, free WiFi, and much more FUN !</p> <p>42 Rides Steering Committee 12 years & up 4:30 p.m.- 6 p.m. Do you have a passion for action sports? Join peers to participate in community volunteer and sport training opportunities Earn your volunteer hours here! 1321 Neilson Road</p> <p>*Malvern Youth Basketball League 14-17 years 6 p.m. - 9 p.m. Showcase your talents while developing and mastering new basketball skills Lester B. Pearson Collegiate Institute 150 Tapscott Road</p>
<p><i>*Programs marked with an asterisk require additional registration and/or program fees. Please call 416-284-4184 ext. 244/211 to register or for more information about youth programs</i></p> <p><u>Program Fees:</u></p> <p><i>Annual Youth Registration: \$2</i> <i>Annual Agency Membership: \$5</i></p>				